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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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WEDNESDAY, OCTOBER 22, 2014

CLATSOP COMMUNITY COLLEGE, ASTORIA, ORE.

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## An afternoon with Margaret

BY LARRY HARRIS

A different kind of Tuesday morning for Kitchener on Oct. 9. Kitchener Collegiate Institute hosted Margaret Trudeau, former wife of the same Prime Minister Pierre Trudeau. The host to the stage to speak honestly about her mood swings, depression and limits of reason in and out of the public eye over the last several decades.

The school's students and staff, health professionals and members of the community filled the auditorium where powerpoint screens — such as empty sheets on a wall-top ledge, the man leaning over a waterfall, large green tumbling, young people curled up in sadness and hands in hands — were displayed prior to Trudeau's speech about her personal experiences with mental illness.

Tracy Blagg, the Clatsop River Hospital board chair welcomed the audience and explained the significance of the evening in the background.

Each photo was taken by students as an exhibit of mental health perceptions. Blagg said, adding that it was a step toward to change attitudes in an understanding of mental health perceptions.

Jim Hallman of the Life B Hallman Foundation said "Talking about mental health and removing stigma is important to understanding."

What has caused me in the determination and desire to overcome obstacles in mental health."

With KCL, the Life B Hallman Foundation and



Photo by Larry Harris

Margaret Trudeau, the former wife of the late Prime Minister Pierre Elliott Trudeau, shares her struggle with mental illness at a packed auditorium at Kitchener Collegiate Institute on Oct. 9.

Clatsop River Hospital collaboration on the event, Trudeau began her five-hour talk, at the very beginning of her relationship with Pierre at Club Med. At the young age of 18, "I wasn't relating. I wasn't connecting," Trudeau said, at the time, unaware that she would fall in love and move to Ottawa to be with the three prime minister.

"He didn't know I was going to rush headlong into mental illness — he thought I was perfect and so did I," Trudeau said, laughing.

After two years of privately dealing, Pierre and Margaret went on and began her life as "the crown jewel of the federal parliamentary system." I was lonely. He was clear he didn't want me to have a public life," Trudeau said, adding that her love and wisdom largely contributed to her mental illness. "It was like the light had been turned off on me."

Her depression came in waves of mood swings and limits of reason — when you feel an extraordinary euphoria on the highs, and in con-

trast, a crushing low. "I lost so many pieces of my life by not getting treatment. I needed... if it had been here, I would have been diagnosed right away and there would have been a plan," Trudeau said.

Overcoming the loss of her son Michel in a tragic car-truck accident. Pierre's death years later and coming to terms with her own mental stability, she finally agreed to three years of cognitive behavioral therapy after a family intervention in

Vancouver.

"The shame is not in having a mental illness, it's having one and not going for treatment to be better and be the best (that) you can be," Trudeau said. "It's already as hard as why not suppress people with no reason?"

The purpose of Margaret Trudeau's talk was to emphasize that mental illness can happen to anyone and that society needs to remove the stigma attached to it to better understand it.

Trudeau left all of her messages for political mind talk. "The one thing I'll say about Prime Minister Stephen Harper — he's building these super prisons and the crime rate is going down, down, down. One of the biggest reasons crime is going down in the western world is the number of people in minimum-security," Trudeau said, explaining how unfortunate it is that we have less of a two-tiered mental health system. "The very expensive to be privately well in our country..." and it happens to know someone who may be in government and I'll get him on this," she stated.

Trudeau wrote a book about her experiences, and she said others her huge experience and struggle to overcome the illness. "Help, but I'm not speaking the difference was crystal clear. It's therapy, it's more and more and more going. With stacks of her book for sale at the KCL library and a lineup of supporters, and, up to meet her last session, Changing My Mind, sold out a house immediately.

## Residence uses students to recoup losses

BY DANNY SCHULZBERGER

When designs in dorm at Clatsop Community College Conference Center, it's the students living there who pay the price.

On a month-to-month basis, the cost of any damage, including everything from vandalism and theft to wear and tear on the stairs, that may be blamed on a specific person, is divided between the students living in the building. This is known as community charges.

"We want to encourage people to take responsibility for their actions and mistakes that they make," said Steve Francisco, residence life coordinator. "But if we can't, we tend to look towards community charges to help recoup some of the loss."

Sometimes not all the students living in residence are charged. Sometimes it's only certain floors if they see the same many problems. "It doesn't need to necessarily affect the entire community," Francisco said.

The charge for September would have been 20 cents per student living in a total of 1004 individuals in the residence was the cost of a table that went missing.

"We decided not to charge anything on September," Francisco said, "just to make students aware of it, so that they kind of understood the idea behind it."

Mike DeRosa, the residence's operations manager, thinks that the charge is an effective deterrent. "There's a lot of money,"

DeRosa said. "The students will be upset. They feel like, 'Why do I have to pay for someone else?' and they actually almost police themselves."

DeRosa said that, if they were able to identify a person, they would charge that person instead of everyone.

"That's what we prefer to do, but there are times we just can't identify who did some things," DeRosa said. "There are students' damages with the charge." Thomas Hill, a first-year

computer science major, analyzed student who lives in residence. "It's not even close to community charges," he stated.

Harris said that about them, he said, "It's not their business (that) it's not their."

Information about the own community charges in the lives of all students in residence again, DeRosa said.

"It's not anything new or breaking news or anything," he said, adding that they need to understand that part of the lives."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could be any fictional movie  
or TV character, who would you be?



"Captain Prasad because he's just awesome, he like every way."

**Brooks Luffus,**  
second year  
business marketing

"Leonardo DiCaprio from Inception because going in a dream and being able to do whatever you want would be crazy."

**Steven Markham-Johnson,**  
first year  
business - information



"Emma Stone in Crazy Stupid Love because lol, Ryan Gosling."

**Isabel Stephanie Jay,**  
second year  
early childhood education



"Phil Spector from Adventure Time because he's awesome and the fact that he can fly to Mars."

**Phil Spector,**  
second-year  
broadcast - radio



"Alfred from Batman because he's awesome. Plus, I mean who doesn't love Michael Caine."

**Jason Barlow,**  
second year  
broadcast - television



"Lumpy Space Princess from Adventure Time because she's so silly."

**Hilary Swank,**  
second year  
broadcast - television



## THE SUN IS SHINING DOWN ON CONESTOGA COLLEGE



PHOTO BY ADAM WILKINSON

The sun shines over Conestoga College welcoming students to a new day. This week will continue to be sunny, although there is a chance of rain late in the week and temperatures will be lower again.

## Renew your licence online

BY BARRY CLARKE

Forget about having to wait in those long lines at ServiceOntario. There may be a new way – that possibly an easier way – for you to renew your driver's licence.

Ontario will be the first province in Canada to allow drivers to renew their licences online. Don't worry about having to retain your photos though. Currently, drivers have to renew their licence photos in person every five years. However, eligible drivers will now renew at ServiceOntario or drive licences will be able to renew their current licence

photo for an additional five years.

This means that people will only need to return in person every 10 years.

Renewing online is not the only thing you'll be able to do on that website. You can also get licence photo updates and renew driver and vehicle photos at the same time.

ServiceOntario processed more than 1.6 million driver's licence renewal transactions last year. Having this online availability to renew will make it easier for people to access important government services, when they need them.

John Milley, minister of gov-

ernment services said, "We are committed to making it easier and more convenient for the people of Ontario to access important government services."

The new renewal service is added to the more than 40 services already offered online. These services are renewing licence photo updates, changing addresses and applying for birth, death or marriage certificates.

You can also use licence updates, in addition to major credit cards.

For more information, go to their website [www.serviceontario.ca/drivers licence](http://www.serviceontario.ca/drivers licence)



## PITA PIT'S "PLAY OF THE GAME"



Pita Pit, located at 580 Fairway Mall Dr. in Kitchener, always promotes healthy eating in conjunction with this. They are supporting Conestoga's variety program by awarding Plays of the Game to athletes who performed exceptionally well in recent games. Each winner receives a free pita of their choice. The most recent winners are:

City	Team's Captain	City	Team's Captain	Team's Captain
City 1	Team's Captain	City 2	Team's Captain	Team's Captain
City 3	Team's Captain	City 4	Team's Captain	Team's Captain
City 5	Team's Captain	City 6	Team's Captain	Team's Captain
City 7	Team's Captain	City 8	Team's Captain	Team's Captain
City 9	Team's Captain	City 10	Team's Captain	Team's Captain
City 11	Team's Captain	City 12	Team's Captain	Team's Captain
City 13	Team's Captain	City 14	Team's Captain	Team's Captain
City 15	Team's Captain	City 16	Team's Captain	Team's Captain
City 17	Team's Captain	City 18	Team's Captain	Team's Captain
City 19	Team's Captain	City 20	Team's Captain	Team's Captain
City 21	Team's Captain	City 22	Team's Captain	Team's Captain
City 23	Team's Captain	City 24	Team's Captain	Team's Captain
City 25	Team's Captain	City 26	Team's Captain	Team's Captain
City 27	Team's Captain	City 28	Team's Captain	Team's Captain
City 29	Team's Captain	City 30	Team's Captain	Team's Captain
City 31	Team's Captain	City 32	Team's Captain	Team's Captain
City 33	Team's Captain	City 34	Team's Captain	Team's Captain
City 35	Team's Captain	City 36	Team's Captain	Team's Captain
City 37	Team's Captain	City 38	Team's Captain	Team's Captain
City 39	Team's Captain	City 40	Team's Captain	Team's Captain
City 41	Team's Captain	City 42	Team's Captain	Team's Captain
City 43	Team's Captain	City 44	Team's Captain	Team's Captain
City 45	Team's Captain	City 46	Team's Captain	Team's Captain
City 47	Team's Captain	City 48	Team's Captain	Team's Captain
City 49	Team's Captain	City 50	Team's Captain	Team's Captain
City 51	Team's Captain	City 52	Team's Captain	Team's Captain
City 53	Team's Captain	City 54	Team's Captain	Team's Captain
City 55	Team's Captain	City 56	Team's Captain	Team's Captain
City 57	Team's Captain	City 58	Team's Captain	Team's Captain
City 59	Team's Captain	City 60	Team's Captain	Team's Captain
City 61	Team's Captain	City 62	Team's Captain	Team's Captain
City 63	Team's Captain	City 64	Team's Captain	Team's Captain
City 65	Team's Captain	City 66	Team's Captain	Team's Captain
City 67	Team's Captain	City 68	Team's Captain	Team's Captain
City 69	Team's Captain	City 70	Team's Captain	Team's Captain
City 71	Team's Captain	City 72	Team's Captain	Team's Captain
City 73	Team's Captain	City 74	Team's Captain	Team's Captain
City 75	Team's Captain	City 76	Team's Captain	Team's Captain
City 77	Team's Captain	City 78	Team's Captain	Team's Captain
City 79	Team's Captain	City 80	Team's Captain	Team's Captain
City 81	Team's Captain	City 82	Team's Captain	Team's Captain
City 83	Team's Captain	City 84	Team's Captain	Team's Captain
City 85	Team's Captain	City 86	Team's Captain	Team's Captain
City 87	Team's Captain	City 88	Team's Captain	Team's Captain
City 89	Team's Captain	City 90	Team's Captain	Team's Captain
City 91	Team's Captain	City 92	Team's Captain	Team's Captain
City 93	Team's Captain	City 94	Team's Captain	Team's Captain
City 95	Team's Captain	City 96	Team's Captain	Team's Captain
City 97	Team's Captain	City 98	Team's Captain	Team's Captain
City 99	Team's Captain	City 100	Team's Captain	Team's Captain

# Potatoes really can fly

BY STEPHEN BROWN

It's a bird! It's a plane! No, it's a delicious starchy veggie!

On Oct. 8, students from the robotics and autonomous programs at Cambridge's Cambridge campus put their building skills to the test. They were tasked, in groups of three to five, to construct a launcher that could propel a single potato toward a target several dozen meters away.

Finally, French and mathematics were all involved to build the potato launchers.

Using Kevlar™, which lends to the problem solving and design course and optimized the speed shooting, was what students had created launchers that were functional, original, and most importantly, safe.

**44 They learn a lot from building these??**

— John Telemeane

"Their task was to fly a potato to a target mounted 20m away, on top of an expensive radio telescope," he said, adding that each of the launchers had to pass a safety inspection before they were allowed to take a practice shot. "The spectators — our engineers — were instructed a line to make sure they were safe to the event, one of the launchers had problems."

There were a wide variety of launcher designs on display. From catapults and trebuchets to gun slingshots. Each of the catapults constructed on trajectories had two parts — one the recovery, where they had to launch a potato and hit a target, and the other the defense where the fastest launched speed win.



Above: second-year robotics and autonomous students. Left to right: Steve Palumbo, Ben Quinlan and Noel Mueen prepare their potato launcher which they named 'Jumbo'. Below: Mueen prepares to fire his team's potato launcher.

John Telemeane, co-ordinator of the robotics program at Cambridge and the event in a museum every year.

"They learn a lot from building these and running them," he said, "but the real success is that they start to work as a team."

Robotics and autonomous students have several exams come like this one each year that test their building abilities including making a device to hold an egg safely so that it can be dropped from the second floor of the Cambridge campus building without breaking, and creating a mechanical device that can pour coffee and serve a drink.



## Get your free shot, it's almost flu season

BY NIKKI KRAMER

The leaves are falling and the temperature is dropping which can only mean one thing, the season is just around the corner.

However, on the flip side, it is a very respiratory infection that affects the nose, throat, and lungs, similar to the common cold.

The best time for the flu is in November to April and in extreme cases, hospitalizations and death can occur among high-risk populations. The

includes those with medical conditions such as diabetes and asthma or those with weakened immune systems such as seniors or very young children.

The flu differs from a common cold because of a few distinct symptoms. It is very contagious for only outside, followed from the flu to experience high fevers (100°F to 104°F), headaches and extreme exhaustion, while these symptoms are not present during a common cold.

Other symptoms include a dry cough, body or aching pain, a sore throat and other and pain, all of which are usually present for five or more days.

To avoid getting the flu, the Bureau of Western's Public Health website urges people to wash their hands frequently with soap and warm running water, use an alcohol-based hand sanitizer, get or expect to clean their hands regularly, and most importantly, to get their flu shot. Shannon Chan, a registered

nurse, works in the Health Services office at Dean campus, said, "It is important to get a flu shot because there is no many strains out there, that your immune system can be surprised by them. It is very important to get one especially for the young and the elderly."

Students, staff and faculty of Cambridge College can get their flu shot for free at the Dean campus on Oct. 22 between 11 a.m. and 3 p.m. in Room 30-40, on Oct. 23 between 11 a.m. and 3 p.m.

in Room 30-40, and on Nov. 4 between 10 and 3 p.m. in Room 20-40.

Classes for the Cambridge campus will be held Nov. 6 between 10 a.m. and 3 p.m. in Room A200-6 and at the Waterville campus on Nov. 13 between 10 a.m. and 1 p.m. in Room 10-40.

At the Guilford campus, a clinic will run on Nov. 13 from 10 a.m. to 1 p.m. in Room A10.

Although free of charge, you are required to bring your health card to the clinic.

## Food allergies nothing to sneeze at

[illegible]

An article was published in the *Hamilton Spectator* on Sept. 15 about a man who removed his one-year-old daughter from school because she has severe angelioma to her eye, nose and mouth. The girl has suffered from angelioma since birth, and, most notably, at school last February, and she has to carry two Epilepsy (an epileptic seizure) detectors with her to help people who suffer severe allergic rash (angelioma skin) because of the symptoms of her epilepsy.

An allergy is a hypersensitivity disorder where the immune system reacts to substances in the environment as if they were in food and medicine. Ninety per cent of food allergies are caused by dairy, eggs, peanuts, tree nuts, wheat, soy, fish and shellfish.

Unfortunately, many foods contain, or have traces of, these ingredients. They can most commonly be found in baked goods, sauces and dressings, fast foods, soups, fish meals, candy, chocolate, food mixes, cereals, and almost all processed foods in name a few.

According to a BMS Biopharmaceuticals Canada study on self-reported food allergies, approximately 11 million Canadians of all ages are affected.

A huge problem with allergies when it comes to schools and workplaces is that there is no way to guarantee that these facilities will be food allergy-free.

People who work all night to these ingredients sometimes have little regard for those who are, or sometimes they forget that what they're eating for lunch could be one someone to read. Offending a person's allergies can be worse than their own death.

Sometimes it's not even recognizing the food that causes a reaction. Touching a reaction that has food reaction as it, and then eating or rubbing your eye, can cause a reaction. Sometimes even the smell of the food can trigger one as well.

Looking for these ingredients is made even harder because they tend to go by different names. Eggs, for example, can be listed as yolk, yolkless and albumen.

Working these kinds of projects is tough, but rewarding. It's a mix of interviews and other leg work, as well as regular hotel work, and help to alleviate the workload.

The seven letters represent the position of the average ear, and accordingly the center.

**Letters are welcome**

**Letters**—Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer

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 them to Room 4200  
 at the Peace Centre



## Reading definitely matters

It's easy to think that reading is to be more and more rote. It is, because of my argument for rote, but for children it is so much more.

It's also to a key part of early childhood education. There are plenty of studies that show a direct correlation between a child's reading at that point and his performance in school.

A report by an experts panel on early reading in China states that about children often struggle to read during Grades 1 to 3.

Academically, they have a much harder time keeping up with their peers, and they increasingly fall behind in other subjects. They are far more likely to suffer low self-esteem and, in their two years, are more likely to drop out without completing high school.<sup>12</sup>

There is no question reading is an important part of education. Does it stop being important when you grasp it? Perhaps the school system has to give students to read but in the approach has made them feel like reading is purely academic and not for entertainment. It could also be a misunderstanding of what reading a novel has



### Index

When I am reading a good book I find it much more exhilarating and generally more involving than television. It is simply just more accessible. Television is great, at times, but books give the freedom of having your own interpretation of a character where television gives you an actors portrayal. As to the exhilarating aspect, outside we live in where you are often seeing shows come out of theaters and hearing about their real lives and all of a sudden it can be very difficult to have any interest in a show at all.

"There isn't exactly a hard border being 'brought' but more of a border being 'washed'—I don't read a ton of books per year myself. I watch sports and play video games and do other things but I do read novels and

dis-empower it. Why not, if there is  
 lot of other people doing, even  
 to? It could be a general  
 release a word of mouth  
 and, maybe, a few more.

[illegible]

If you are someone who has read this book and nothing else, or, as read the Harry Potter series and suddenly stopped reading, ask yourself why. Is it because you are not really into books? Could it be that the spark was never lit? Or is it because you haven't been told what you should be reading?

## SPOKE

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# Holiday time depresses students

Counselling Services can help you get through the tough periods

## BY CORY BROWN

The holidays are seen as a time for relaxation, a chance to get away from school and your job and spend some quality time with family. However, students don't always see it that way.

With increasing deadlines, exams and the possibility of not being returning home, some students dread the last days, more so than the rest of the year.

According to Marshall Chenevix, a coordinator at Conestoga's Counselling Services at both campuses, the holidays mark the peak of anxiety. Approximately 15 per cent of the student body is expected to use the services provided by the counsellors during that period.

"Each year we see more students coming to school full-time but also trying to maintain some level of work involvement," Chenevix said. "The challenge of doing so, especially those in a field that work on their own to do that, but it is very difficult to maintain that commitment to almost full-time work as well as being a full-time student."

Chenevix believes that the stress students a lot of stress. If you add the demands of being family with that, students are likely to push themselves to their limit more than ever and

experience the pressure to fall into a depression.

"A lot of times students are coming back from holidays and getting into the mid-term exams," Chenevix said. "For some it doesn't feel like a real nice relaxing break."

Another problem some students have who are not used to it they may not have the opportunity to relax back in their families during the break. Whether due to financial or lack of time, certain students are stuck alone during this time.

So how do these students deal with these problems? Some talk to friends and some deal with it themselves. However, the most appropriate solution is for students to seek the help of counsellors at their campuses. It is a confidential, free and voluntary solution. No one will turn the student in either. However, counselling is beneficial to students as it helps them understand how to deal with their own problems.

Studies have proven that counselling is the most effective way to relieve stress and help cure depression compared to counselling with friends and family or dealing with the problem by your self.

The stress that surrounds counselling will create. The belief is that others will look down upon individuals who



Marshall Chenevix, a coordinator at Conestoga College's Oshawa campus, studies his busy schedule.

ple because they are not deal with their own problems effectively. This stigma is outdated and shouldn't affect whether a student seeks help or not.

To find out more about Counselling Services on your campus or to book an appointment, visit the website and speak with the secretary or visit www.conestoga.ca/en/education/career-services/.

## CAREER AND EMPLOYMENT RESOURCES

### Study in Australia

October 24, 10am - 1pm, Oshawa campus, Oshawa

Drop by the table in the library to speak with representatives from RMC Consulting about your study options in Australia.

No registration is required.

### Degree Planning Workshop

Do you have a career goal that includes earning your degree?

Be sure to attend this workshop to learn about:

- Conestoga's degree programs
- The formal requirements that Conestoga has with universities in Canada, the United States, & abroad
- Application Process: Transcripts, Deadlines, and Fees

Registration is required via MyCareer

See MyCareer for workshop dates and times

### Resume and Cover Letter Workshop

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## MyCareer

From the Student Portal, click on the "MyCareer" link. See MyCareer

From MyConestoga, click on "Student Tools" > See MyCareer

# Conestoga College fundraises for the United Way

## Human services foundation students and Student Life plan ghoulish activities

### BY CORY BROWN

Since 2006 Conestoga's Foundation Life department has worked with the human services foundation program in many ways for the United Way.

Lee Kennedy and Jessica Robinson are both Student Life co-ordinators who assist on campus with the Robinson-Makmura Events, promote involvement of the human services foundation program, and help students with their Human Services orientation activities. On Oct. 21 at the Student Life Centre.

The students are split into three groups, representatives and logistic sponsoring and advertising and community

events.

"The HSP program is a one-year foundation program designed to help students who are oriented to community service to discover their passion of others and to have their interest in such programs early childhood education, recreation and leisure or social services amongst others," Dunn said.

Agencies who benefit from United Way funding will set up booths on the Student Life Centre at this year's event. They include the Office of Friendship, the Robinson-Makmura Foundation Centre and the George Wellington Women on Campus. Representatives thank it is

important to be an example to students and assist with students.

The human services foundation students will fundraise by asking passersby to play short games or buy raffle tickets in our prize.

Student Life and the human services foundation program have contributed an average of \$1,600 toward the college's total in years past. Last year, Conestoga's overall goal was \$24,000 and they exceeded that thanks to student efforts and faculty and staff contributions.

This year's campaign officially kicks off Nov. 11 and runs until Nov. 16. Officials have set a goal of \$24,000 which will go to the R/W United Way.

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PHOTO BY STEVE BROWN

Margaret Ann and her Grade 8 class from W.T. Trenchard Public School examine a tree root that was eating up an Oct. 10 at the Watkins Region Museum in Forestville.

## Educational festival celebrates regional forests

BY KATHY ANDERSON

If a tree falls in a forest and no one is around to hear it, does it make a sound? This question went unanswered in the Watkins Region Museum's Forest was filled with students.

The Watkins Region Museum held its second annual Forest Festival on Oct. 9 and 10 in partnership with the City of Waterville, the Grand River Conservancy Association (GRCA), the Waterville Snowmobile Network and the Children's Water Education Council. The two-day festival invited teachers, students, parents and the public to learn about the forest resources in the Region of Waterville.

"The goal is to try to educate students on forest resources, ecology and sustainability issues," said Steve Rinkhal, the education co-ordinator at the Watkins Region Museum. Rinkhal said the festival is directed at Grade 6 and 7 students because the museum is located at the Waterville Science Centre.

There were stations set up throughout the Open Heritage Village, located directly behind the museum, which had hands-on activities for the students.

At the Madeline Forest, an area set up behind one of the houses in the village, students learned about the dif-

ferent ecological plants that our forests have to offer by following a series of clues.

"These provide the basis for phonology. They're worth as much more than just firewood," said Peter Foster, a resource interpreter with the GRCA. "The bark from the yellow pine was the basis for Aspin White pine woods of as is as important as Birch's south slope."

The Forest Festival featured many other activities that can be found in our Forests Here, Grand River Conservancy and Benjamin Franklin, two student volunteers, asked the students various questions about the trees and plants.

"What can be found with bark?" Rinkhal said. "The answer is a polished wood finish."

"What can you eat right off the branch after you pick them?" Rinkhal said. "Blackberry."

There was also a table that displayed the different types of woods that our forests contain, such as maple, white oak, cherry and ash. This station showed the different colours, textures and hardness of the woods.

"Have you ever looked at the rings of a tree trunk?" The white oak shows how much the tree grew in the summer. The black rings show how much it grew in winter," said Foster. "Laplace is a wooden volunteer."

Laplace said in wood such as

that of the yellow pine, there are two types. The top wood which is white and makes the sapwood and the bottom, which is black and the hardest part of the tree.

One of the major stations was on arborvitae, a type of arborvitae that looks at the identification of plant remains found on various types of wood. The station had various specimens of ancient natural shells, plant and grass, which were compared to specimens from today.

Billy Foster, the arborvitae, helped opening the arborvitae station and that participating in the festival was a real thrill.

Foster's wife, Margaret Ann, said that it was great to see how the kids reacted to the station's charcoal, open, time.

"The charcoal is about 1,000 years old, and their teacher said, 'What year is it?' and the children replied that it was 2015," Margaret Ann said. "When their teacher asked them what year the charcoal was from, they said, '15.' They were so amazed."

The kids were amazed with excitement the whole festival was reaching down one station to another.

"They're learning history in a school, so I thought it would be good to bring them here where the real world is," said Foster. "Laplace is a Grade 6 student at W.T. Trenchard Public School in Waterville."



PHOTO BY KATHY ANDERSON

Daniel Rinkhal, a student volunteer at the Forest Festival, shows students a jar of water, one of the many white plants that can be found in our forests.



The 45th annual Oktoberfest Wiesn on Oktoberfest (Bismarck)ing Day parade was held on Sat. 14, starting at 8:30 a.m. at King and Elk streets in Waterville, and including New Moonrise away at King and Madison streets in Monmouth.



The Goodwin Family float traveled along King Street as part of the parade. Visitors collected 95,000 pounds of non-perishable food and over \$24,000 in cash donations for the Food Bank of Western Maine.

## OKTOBERFEST PARADE WAS WUNDERBAR



Photos by  
Laurie Snell



Performers in traditional costumes danced on King Street. The parade also featured floats, marching bands, and singing groups, which entertained the thousands who line the route.



The Newbury Provincial Police marched in the parade, which was attended by more than 150,000 people.



Oktoberfest floats made the way to the newly-decorated float during the parade. Unfortunately for them, the 70 Monmouth Oktoberfest float was the People's Choice Award and the Monmouth-Waterville Oktoberfest float was the Best Float award.

# Abortion debate not dead

## IN FLAME BATTLE

The abortion debate is not dead, it's alive and kicking. Herein, a media-aged, Roman Catholic woman who refused to give her last name or allow a photo of her face to be taken, stands on the steps and reads loudly before the assembled voices of the pro-life, past behind the health center. With a sign that reads "abortion kills a baby," she's sending a clear message to all who pass.

The name Rosanna, which translates from Latin to born again, was the name Rosanna philosopher from Rosanna took when preparing to write his *Metaphysics as First Philosophy*, a book which largely constitutes a prior knowledge, a type of knowledge that one has before experiencing it — the knowledge a baby would have — and to submit an argument which balanced was in proof for the existence of God.

"If abortion was imposed on you, sir, I wouldn't be here — everyone wants to live," Rosanna told me as another car barreled by, driver's face stretched, from the silence in

the valley. "The [driver's] face, the same sign, it's night."

Many of the recent outpourings of abortion protests across the city and worldwide are affiliated with a campaign called 40 Days for Life.

Forty Days for Life is also a book by international speakers David Horowitz and Steven Garry. The authors are working hard at making it a bestseller.

In a public letter addressed to partners of the government, Garry said "40 DAYS is the most important day of celebration for a new book left only together TODAY in our society and start 40 Days for Life up the bestseller charts."

The Forty Days for Life campaign has a self-estimated following of 170,000 people. Their website claims that 40 abortion clinics have been closed since the movement's inception.

"From 11 a.m. to 8 p.m. people are coming here, they want to wear their opacities," Rosanna said. "Even if I'm raped, who would want money?"

Protesters Health Centre, which is owned and operated by Grand River Hospital, has an abortion clinic which performs procedures on a semi-



ROSENA AT 40 DAYS FOR LIFE

regular basis.

"We not exactly new, this demonstration has taken place for a number of years," said Mark Knapikowski, director of communications for Grand River Hospital. "We acknowledge their perspective,

we provide the service, and our standpoint is to make sure patients have access to the service."

Abortion was legalized in Canada by the Pierre Elliott Trudeau government in 1989. "The push to legislation was

spread by an academic belief called the Dworkin-Lewis hypothesis which argues that legal abortion reduces crime."

Eighteen — to 24-year-old males are most likely to commit crimes. Eighteen years after abortion was legalized, crime began to dramatically decline in both Canada and the United States.

The mid-life crisis in children who aren't wanted are aborted instead of put up for adoption and often exploited, or pushed into the streets at a young age.

Patricia Penfold-Winterford, a local producer and activist, was successful in convincing the abortionists to allow a recently added poster on their Facebook wall read "Normal abortion clinics in school should put by listening to a baby cry for five hours straight while watching the same cartoon on repeat."

As more cars stopped by health centres and more supporters lined up to support the campaign, Rosanna looked at me and said "Maybe one day I'll be born again — because a better person than I am already."

# Psychic enlightening

## BY ANDREW CHEN

Psychic Don Vallone charmed Conestoga students in the Sanctuary by telling them clear futures, the catch being that the students were only allowed to ask three questions.

Vallone has been involved with the paranormal since 1989, was the director of the Paranormal Enlightenment Center for seven years and was also the chief investigator for the Association of Psychic Investigators Researchers. He has also appeared on over 1,000 radio shows, performed and lectured at over 1,000 colleges and was the host of The Universal Psychic, a television show that ran on Rogers TV for six years.

Vallone has written three books, the latest titled *The Psychic World and How You Can Be Adept of It* which has recently been released on Kindle. He was also voted the second best psychic in Canada and lived in the world.

Students lined up in front of the line leading up to the steps to have their reading by Vallone. Dave Roy, a second semester student in his second year at Conestoga, was one of three students who waited in line to ask Vallone his

three questions. When asked if she believed in the paranormal, she asked her reading. Roy said, "I was on the steps before I tried to ask for something to change my mind before I make up my mind. I'm not sure if I believe in it, but I do believe that there are people who have really good powers."

Turbin Gattis, another social science student in her second year, was also asked before going up to see Vallone. "I believed in the paranormal before, and I believe now more so," she was told and that it was a great experience learning about her future. "It was something I've always wanted to do, but I've never had the opportunity to do it and it felt like I was asked to ask her."

When asked to describe what he does as a psychic, Vallone said, "I'm a controlled psychics, which means I deal with probabilities and potentials of future events. Basically when the students ask me a question I go with the expression I get. 'Vallone would say, 'You might get a job at 10 times, no problem at night 100 percent of the time.'"

Vallone also said that every one is psychic to some extent. "We all have within us the potential to trust our own intuition

more within. The only difference between you and I is that I've been practicing my abilities for a lot longer." In addition to giving readings, Vallone teaches psychic development and paranormal workshops at Conestoga's Dean campus and online. "The first thing I do is to teach people to trust their own gut feelings. Then there are little exercises, little games you can play and little things you can do to trust your intuition more. It's not that difficult to learn if you already trust."

And for everyone who's shy about about Vallone and psychics in general, Vallone said he was too when he was starting out. "I got nervous on a stage, thinking everything was a bunch of garbage and everyone was making a little on every one else. I was getting away very early on in my career."

Vallone also runs the Parliament in the 2000s for and abortion for the Green Party. "I know I was going to get charged, but I had a mid in the Valley. It was fun and it made national news. I was the only psychic ever to run for Parliament." Vallone also decided to appear at Conestoga's Conestoga campus on Nov. 20. You can also check him out on his website, www.donvallonpsychic.com.

## PREPARING FOR CONESTOGA



ROSENA AT 40 DAYS FOR LIFE

Don Vallone, a psychic, is in a church at the beginning of the 40th annual Conestoga on Oct. 20.

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# No more opting out at Conestoga

## Deadline passes for student benefit plans

### BY TERRY HARTEN

Drop your chance to opt out.

Conestoga Students Inc.'s benefit plans provided in partnership with Gillingham & Associates Student Networks can fall over students to around \$200 a year.

According to a staff person at CNA Health and Wellbeing office, around 2,500 full-time students opt out each year.

For all past secondary multi-tenants, many have student health and dental benefit plans are entitled after a student referendum. Without a majority in favour benefits for those who really need it would be lost and the policy would not exist.

According to students' current, a similar private health-care plan would cost an individual around \$600.

Many colleges and universities mandate international students to have, on top of the student union's health care plan, a University Health Insurance Plan (UHIP).

UHIP pays a single international student \$150 per year. The University of Toronto's St. George campus is one of the few universities that does not require international students to buy additional health coverage. UHIP, provided the student does have UHIP.

**“Even when I was entitled to it, I never used it.”**

—Melinda Tomlinson

Most student benefit plan providers advise that coverage is not a replacement but rather an extension of UHIP. Most student plans provide medication, accident, eye testing and X-ray toward expenses. In Conestoga's case, documented out-of-pocket care — a form of where how much care is covered only in British Columbia, Ontario, Alberta and Saskatchewan — is also covered by the plan.

With a Letterman at the low end and where a general student benefit plan costs \$200. The University of Waterloo costs around \$200 at the top end, while University of Toronto students at with Conestoga in the middle at around \$247.

“I opted out of the dental — just only on my last year because I didn't realize it was an option for my first three,” said Melinda Tomlinson, a former U of T undergraduate and current University of Ottawa student. “I didn't care enough because I felt UHIP wasn't real money, so I just paid for it. Even when I was entitled to it (the plan) I never used it.”

University of Waterloo student Rosemarie Morris said she opted for health plans regularly and has never considered opting out. “UHIP doesn't satisfy birth control pills.”

Around a third of full-time Conestoga students are reasonably opting out, but there's no available data on how many want to, but don't, have the



PHOTO BY TERRY HARTEN

Students pass by a crumpled up Conestoga Students Inc. health plan opt-out as they walk after the deadline.

option due to insufficient proof of comparable health insurance available on the date they “just don't care” or are unaware of the option.

“This year I filled out the form to opt out of it for the first time,” said Alexander

Brown, who is in her second year of university — primarily and currently studies at Conestoga College. Brown attributes her decision to the national advertisements which were posted on board of CNA throughout September.

## Conestoga makes playoffs, but exits early

### BY BARRY HARTEN

In terms of results in the play-offs, Major League Baseball has nothing at OCAA women's soccer. Only one team remained in the first place team from the north place team in the west division in the final day.

The Condors finished the season in fourth place in the OCAA's east division and made the playoffs. Conestoga had the chance to finish in first place if they beat Hamilton in their final game on Oct. 8, but settled for a draw, putting Hamilton as first place instead. The opponents of their season this year was their defense, they

needed seven in the OCAA with just eight goals allowed in eight games.

“It's always been that way,” said assistant coach Kevin Lantz. “The team always has a really good defense. We also lost just yesterday this year.”

Head coach Alvin Krupar thinks the team led at in them to make second, but simply fell short of their potential in the last game versus Hamilton. “We are happy but not impressed we could have won second with a little more focus,” he said.

They had plenty of chances to pull out more victories this year but settled for a lot of draws, the most in the

OCAA, with three. The team had difficulty scoring goals, making up just 11 over their eight regular season games. Krupar said the season was not as successful as the team had hoped for. “The team had 17 regular season games with 22 regular season.”

“I think the reason we had a lot of draws this year was we didn't score enough goals. The reason we didn't score too many goals (is) because we have a lot of rookies playing midfield or forward.”

The playoffs got underway on Oct. 15 with four quarter-final games to be played against Ontario. Conestoga drew Mohawk College and lost the game in overtime by a score of 1-0.



PHOTO BY BARRY HARTEN



Alvin Krupar (above and right) directs the ball toward the net prior to taking a shot at a women's soccer team practice on Oct. 9 at the sports field at Conestoga College's Choo campus.

The women's soccer team finished the season in fourth place in the OCAA's east division.

## GARBAGE ART MADE ENTIRELY OF TRASH



PHOTO BY JIM WOODWARD

Trash is being turned into art at the Barton Town ArtSpace in Winchester City Hall. Susan Cookson's Litter-Art exhibit will run through October.

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# Mental health gets \$27-million boost

BY JASON CHASE

The Ontario government has announced that they will provide \$27 million in funding over a three-year period for additional mental health services and aids to post-secondary students across the province. The plan, announced by the Ministry of Training, Colleges and Universities on Oct. 4, will improve access to mental health facilities and help students identify untreated mental health issues.

The plan also includes a provincially telephone service known as GoodTalk, which students can call 24 hours a day every day, to talk about their worries regarding student life, health or mental health concerns.

Canteridge College is set to receive \$333,000 of that funding over a three-year period to develop a program which will engage, screen and assess stu-

dents with various spectrum disorder and other mental health problems.

"Over the past several years, all colleges and universities, including Canterbury, have been an important in equalizing of students with various spectrum disorders," said Sharon Bernard, an instructor and controller at Canterbury College's Counseling Services in its email.

Bernard said one in four people will experience mental life issues in their lifetime and that the government's recent announcement is good news.

"In addition to students with various spectrum disorder, we also recognize that depression and anxiety can be quite common in our student population. So it is important that we talk about these issues to reduce the stigma and also to know that help is available." The province is also setting

a Youth Suicide Prevention Plan in action to help college and university students. The plan will provide the training and funding and will educate communities on how to come together to prevent youth suicide.

"Mentally indicates that our role can be the second level of intervention of death for youth, and Canadian Mental Health Association wants us to stress Canadians have seriously contaminated records," Bernard said.

"It is important that we talk about these issues to reduce the stigma and also to know that help is available."

Students who feel that they need to talk to someone about their mental health and well-being can visit Counseling Services in the 1400 at the Dean campus or visit some counselling, an extension they receive. For more info call GoodTalk at 1-866-833-3434.

## BOX 13 Art Show & Sale

November 16 and 17 • 1-4 pm

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## Art for all, and all for art

BY JILLIAN WOODWARD

Organizers of the BOX Art Show and Sale invite guests from all over Waterloo Region to join them for a day work and filled with art, food and fun.

The regional show began in 2009, and takes place annually.

"The function of the show is to help promote visual arts in the Waterloo Region," said Cathy Forest, BOX Art founder and general organizer.

Local artists submit their pieces of art, which include paintings, photography, postcards and more.

"The work is diverse and it's from artists all over the region," Forest said.

The art is then judged by a panel of art professionals and those who are chosen submit artwork to BOX. The

year, 10 artists have been chosen to participate.

"Each of these artists will have an average of about eight works of art on display at BOX, so it's really big show," Forest said.

People submitting art must be residents of Waterloo Region. Artists of all experience levels are welcome to submit their creative work. Artists are given the opportunity to display and sell their work, and are also offered help to develop their skills.

Each year, BOX team with a different charitable organization and invites them to be a part of their team. This year, the chosen charity is the Independent Living Centre of Waterloo Region. The charity's statement, "Helping People with Disabilities Achieve Independence," is in line with the goal of creating local artists. The artists

at BOX give 50 per cent of their sales back to the charity.

"It is an amazing, high-roller show, but it doesn't have any of the material fees, tickets that often keep people from going to art galleries," Forest said. "It's a lot of fun and people are always surprised when they go in... it's a very different thing the Waterloo Region."

The 2013 Art Show and Sale, being held at 414 South Street in Kitchener, is a free event and open to the public on Nov. 16 and 17 from 1 to 4 p.m. Before the show, there are live talks that the public may attend, and people can also preorder a 55 percent knock Artists will be present to answer general questions.

For more information about the art show and sale, go to [www.boxartshow.ca](http://www.boxartshow.ca).

## CONESTOGA PROMOTES OCTOBERFEST



Johnny Gault from KIM Wilford's marketing seminar, shares information about Octoberfest with Waterloo ingenuity, a first-year health options student. Conestoga College offered students a short film series on Octoberfest events in the area.

PHOTO BY CALIE WILFORD/STAFF

## A Day to Remember, album forgotten

BY GARY SHROPSHIRE

After three long months, American rock band A Day to Remember has released its new album *Common Currency*. The three-month delay was due to court appearances where their heads (they can now label Victory Records for the right to release the correct trademark) previously.

They eventually earned the rights to the album, but did not break free from their first-round deal. Although the band has released five records, the label is refusing to count their two live albums toward the tally. This ruling was possible only because of the loopholes found within the contract that binds A Day to Remember to Victory Records and the vagueness that defines the terms of agreement.

The band is great, not because for its unique mixture of hardcore and pop punk. This album's tracks are more defined than their previous releases with their songs being more defined as a single genre, rather than their constant mixture. The first song on the album, City of Devils, and the 10th track, End of Me, laid down the three pop-punk sound and songs such as *Midnight* (though it



### Band Review

*Enough* and *The Document*. *Sprinkles For Jack* are purely melodic. The album seems to divide itself between the two genres rather than mixing them like they previously did on their albums *Remember* and *What Separates Me From You*.

Another interesting difference with *Common Currency* and the band's previous releases is the amount of acoustic and relaxed songs found on the track listing. I'm almost sure, *I Remember* and *End of Me* are three acoustic tracks found on the album, whereas previous albums at least only contained maybe one or two.

What separates this band from every other melodic band is A Day to Remember's ability to make a song flow and change notes so quickly between melodic and pop punk. The flow of the tracks was still present, however, with the songs being more genre independent, they

removed one of the most prominent features that separated them from other bands. The album itself flowed nicely, however the mix majority of the songs that are melodic however felt very generic and underwhelming. Continues up more chords and common breakdowns, they felt lackluster and had "just another track" feeling.

The pop-punk-oriented songs had a similar feeling of generic and didn't make a huge impact that would separate them from any other pop-punk band. But the most part these songs followed common beats and chord styles found within the pop-punk genre.

The only tracks that were noticeably different and stood out were the acoustic tracks. They were soft and melodic and the track *End of Me* showed the band rock side of the band throughout the album.

Despite the fact that the band fought as hard to release the album independently, the album itself felt like they took away some of the aspects that made them so unique originally. Hopefully, in the future they return to their original mixture of melodic and pop punk and stay away from dividing the styles

## An erotic and erratic charade

I am sick and tired. Sick and tired of Miley Cyrus, not a hint of the model's over sexualization of women and I'm sick and tired of us as a society and looking at it. Today's media machine has become increasingly saturated with women and girls being put into sexual and positions. The perfect and most readily recognized example is this statue: Miley Cyrus statue. I know she has been the apple of the media eye lately and then the apple of ours.

In her most recent music videos, *Workin' Hard* and *Can't Stop*, Cyrus is dressed in provocative dresses, sexual dancing and just straight up indecency. Most people were surprised at this and the two millionaires from state like *Dancer* star up to become looking every person.

But is she a sexy person? I've heard every theory in the book. "She's just trying to shift herself." "She just wants attention." "She's just a slut." Let's be real for a moment though. Cyrus is a fully grown mature woman. She has been raised on this industry and is surrounded by both female and male teenagers. All of them are considering this charade right down to the strange, messy, and dirty. Each Cyrus and every move she has made, has been calculated and for profit that she's undoubtedly making a lot of. Cyrus's behavior is what



Bodily Obscurity Options

acceptable for a plethora of reasons. But a reason one is she is selling girls and women that the way to get attention and fame is to be selfish, messy and sexy. It is true that people can do what they want, but someone who is in doing their personal image into the public eye needs to be aware of the impact they are having on society.

Cyrus's actions are impacting the way young women look at their bodies and what they deem to be the "good life." The sample that she is set that up and give into her business strategy is a and reality.

By looking her way to the center of our conservative town and by giving her the publicity she wants, we are showing and how shallow we are. I would like to remind everyone that Miley Cyrus being completely inappropriate is doesn't matter. Her life is her life, not something that should rule our social standards.

So let the news be about the news. Let the media be about important matters and economic or social events. I'm sick and tired of looking at everything else.

### BUSINESS LOUNGE A BIG SUCCESS



PHOTO BY GARY SHROPSHIRE

A group of Conestoga students sit and enjoy the new Conestoga Business Lounge located in the downtown cafeteria at the Dover campus.

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